

SEPTEMBER 1940

PRICE 15 CENTS

Daily Word

A UNITY PUBLICATION

*Christmas
Greetings
1940*



EACH NEW DAY... THE RIGHT WORD FOR YOUR INSPIRATION

Society of Silent Unity

Class Thoughts

November 20 to December 19

Daily at 11 a. m. join us in this thought for spiritual illumination:

The Christ mind inspires me with wisdom and understanding.

At high noon each day concentrate your attention on this thought for prosperity:

I affirm prosperity every day, and plenty fills my coffers.

At 9 p. m. each night let us acknowledge the healing power of Spirit with this prayer:

I am filled and thrilled with Christ life, and I realize that Jesus is saying to me right now, "Thou art made whole."

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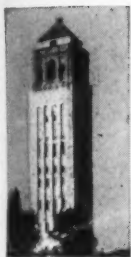
We also publish *Good Business, Progress, Wee Wisdom, Unity, Weekly Unity*, and *Unity Sunday School Leaflet* at \$1 a year each.

Subscriptions, renewals, requests for Prosperity Banks, changes of address, book orders, or checks and money orders for publications should be sent to the Publishing Department.

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Silent Unity, the healing department of Unity School, is happy to minister to every person desiring help through prayer. Requests addressed to Silent Unity, 917 Tracy Ave., Kansas City, Mo., will receive immediate attention. Compensation is by love offering.



DAILY WORD

Vol. 33

DECEMBER, 1940

No. 6

EDITED UNDER THE SUPERVISION OF SILENT UNITY

Stately and tall, the Unity Campanile or Prayer Tower, which can be seen for many miles, directs the traveler to Unity Farm near Kansas City. Even so this little magazine daily directs your steps to the sun-tipped heights in whose glory you behold yourself as a son of God; for such you are.

Not To Jerusalem

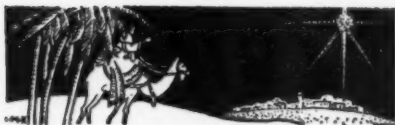
JESSIE WILMORE MURTON

Not to Jerusalem the angels came,
With all her pride and arrogance and art;
No Pharisee awoke with sudden start
To skies ablaze with white celestial flame!
But over Bethlehem, of meager fame,
The cryptic scroll of heaven was torn apart;
To toiling shepherd folk of humble heart
The seraphs choired the high and holy name.

Not to the great, as men count greatness, are
Revealed the Eternal's infinite mysteries
But to the gentle spirited and mild:
To travelers in the desert night, a star!
To lowly shepherds, heavenly symphonies!
And to a peasant maid, the Holy Child!

You Have Received

CLARA PALMER



THE STAR of Bethlehem, the star of the Christ, has risen in your soul. The day-spring from on high has visited you, and the light, love, and faith of Jesus Christ has remained in you. You have received His Spirit, and by His grace all power and authority has been given to you.

It is Christmas over all the earth; Christmas, the day of glad surprises that all the children love; Christmas, the day set aside in honor of the greatest gift ever given, the supreme gift of God to you, to the people of the earth, the gift of Jesus Christ, your Saviour, healer, guide, and friend.

Throughout the years you have received richly of His love and grace. Never have they been withdrawn. Be still now and know, be still and realize, be still and listen to, the glad rejoicing of your soul. You have received the love and grace of Jesus Christ. Your sins are forgiven you. All inhar-

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monies, all unloveliness and ungraciousness are dissolved and adjusted by His Spirit in the midst of you. It is Christmas in your soul, and you have received the gifts of love and grace that He has so graciously given to you.

By the love and grace of Jesus Christ your soul emerges free, illumined, triumphant, unburdened by what may have been, unafraid of what may come. This glad day of good will, forgiveness, and rebirth in Christ presages the limitless good to come. The love of Jesus Christ has quickened His all-powerful faith in you. Not one gift has He withheld. Be still and know. Be still and realize. Be strong and use His faith now. Swiftly the power of it bears the message of life triumphant to your mind. Your thoughts and words are alive with the living power of the Christ faith. They are illumined, alert, dynamic!

You have received! You have received! To every part of your body the glad tidings flow. To every cell, every muscle, organ, nerve, the life of Jesus Christ has been given. You have come into a renewed body this Christmas Day, a body blessed by the faith, love, and grace of Jesus Christ, a body freed from suffering, lifted up into the wholeness of the Christ life and power.

You have received! Through the power of Jesus Christ you have received! Arise! Take up your life

anew. Be strong and very courageous. Be well and free and whole. You can do it, for you are filled this moment with the faith of Jesus Christ that makes all things possible to you.

Your eyes have received the vision of the Christ, the vision of divine wholeness. Your ears have received the message of the Christ, the message of strength and faith and perfect hearing. Your lips are adorned with the grace of Christ; they are the portal of His living words spoken through you. Your heart beats rhythmically, perfectly, to the order of His love. No burdens, ill will, hurt feelings, unruly passions, or disease can linger there. You have received the life, love, and grace of Jesus Christ in every part of your body. You are the living temple of the Most High, and every part of the temple is aglow with His light and glory.

It is Christmas in your mind, heart, soul, and body. You have received, you are filled to overflowing with the eternal Spirit of Christmas, the Spirit of Christ active in all its power of loving and giving. With mind illumined by the faith of Christ, heart overflowing with the love of Christ, ears attuned to the message of Christ, lips graced with the words of Christ, hands busy with the work of Christ, feet bearing you on in the service of Christ, soul redeemed in the life of Christ, you are a new creature in Him.

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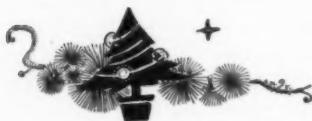
With the grace of God's own child you have this day received the Christ in your heart, mind, home, and world. You are no longer a bearer of burdens, inharmonies, woes, wars, or discouragements. You are a bearer of light, love, faith, and cheer.

Your dwelling place has become the abode of Christ. Every corner, hallway, closet, and room is blessed with the presence of Christ. His peace abides there to make your home restful. His life lives there and the atmosphere of your home is a healing, harmonizing atmosphere. His light shines there and your home is radiant with happiness and spiritual harmony. His love works there through thought, word, and deed, and your home is a haven of restful beauty and order. All who enter there receive the benediction of the Christ.

Your work is blessed by the service of the Christ. You are not a slave to circumstance. You are a co-worker with Christ, and His wisdom, efficiency, ability, and willingness are working through you to make you an excellent worker, to give you success in your undertakings, to prosper you abundantly. You have received the prospering blessing of the Christ. You have sought and found His kingdom. All good shall be added unto you. It is Christmas eternal in your soul. Lift up your heart and rejoice.

Christmas Savings

MARTHA SMOCK



IN THESE modern days many banks advocate a Christmas savings account that is started immediately after Christmas and kept up until close to the following Christmas. This provides a systematic means of laying aside or saving money by the week or month in preparation for the extra spending that Christmas time entails.

Whether this plan has ever appealed to you or not, there is in it an idea worth considering. Why can we not throughout the year build up a spiritual savings account in preparation for Christmas?

We usually think of the Christmas spirit as being that feeling of joy, festivity, and brotherly love that abounds at the season that commemorates Christ's birth; but in reality it implies far more than the trees, candles, gifts, and hundred and one other things that go to make up the outer celebration of Christmas. These are but symbols representing the great love and faith and generosity

that the Christ Spirit quickens in man. The true Christmas spirit is not confined to Christmas Day alone; likewise the spiritual preparation for Christmas cannot be confined to a few days or weeks preceding that day.

Prophets throughout the ages foretold the coming of the Christ, and prepared the world for the birth of the Saviour. Prophetic too are those ideas in us that prepare us, mind, soul, and body, for the celebration of the true Christmas. Christmas is after all the coming forth of the Christ Spirit in us. This coming forth is not restricted to one day—December 25—but occurs when we have prepared the way by our consecration to and expression of the Christ Spirit. Every day we can be sending out spiritual "forerunners," building up a spiritual "savings account," that will hasten the coming of the full expression of Christ in us. Love, faith, joy, peace, light, and power, when given expression in and through us, welcome the Christ and herald His coming.

You may wonder how you can build up and use a spiritual savings account. To begin with, there are three things necessary to a savings account at a bank: first of all of course the bank; then your deposits; and lastly your bankbook. In a spiritual savings account you will find a parallel to these three things: your consciousness is the bank, divine

ideas are the deposits, and your life is the bank-book that contains the record of your spiritual savings.

Spiritual saving is paradoxical. It is only through using ideas that you are able to add them to consciousness or save them. Take the idea of love, for example. All of us want more love, and we especially feel the need of it at Christmas time. If you have been building up a reserve of love all through the year you will have an overflow of it in your heart that will enable you to bless many, many persons. At the times when you withheld an unkind or critical word and spoke a kind word instead you added to your consciousness of love. The day when you gave unselfishly and without thought of return of your money, your time, or your efforts you made a deposit to your credit in the account of love.

So it goes with all the other ideas of God that are within you awaiting use and expression in order to become a part of you. Studying and applying the lessons in DAILY WORD is an excellent way to deposit blessings to your credit in a spiritual savings account. Look at the index on the back of DAILY WORD. There is listed a treasury of ideas. There is light, life, love, wisdom, faith, power, justice, wholeness, courage, and so on: a definite idea to work with and use every day in the year.

Surely this is a good way to expand your consciousness, to become rich in thought, to be able to give freely not only at Christmas time but all through the year as well.

A Christmas savings account at a bank earns but little interest; but a spiritual savings account pays high dividends. Not only are you using while saving but you are drawing rich blessings into your life as you add to your consciousness of good. "For whosoever hath, to him shall be given." You are also drawing interest in another sense of the word when you have a spiritual savings account. You find a newly awakened interest in other people, an increased capacity to appreciate everything about you, and you discover that your life day by day becomes more interesting and full of purpose and meaning. When Christmas actually arrives you have gained such a consciousness of love, of faith, of life, and substance that your power to bless will be limitless; and Christmas will be not merely one day of celebration but the culmination of three hundred and sixty-five days of joyous living and loving and giving.

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## **A Merry Christmas and a Happy New Year**

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Christmas Candlelighting

ELSIE B. SILVERS



SURELY THERE is no one who is not uplifted and blessed by the spectacle of tall white candles lighted around the Nativity scene that is pictured in many churches and shop windows at Christmas time. They are symbolic of the welcoming light and adoration that we hold in our hearts for the holy Christ child.

Did it ever occur to you that you can light candles within yourself, clear-shining tapers that will uplift and glorify you and reflect their light, beauty, and grace to those around you? Have you ever thought how wonderfully you can honor the Christ by keeping these candles aglow within you not only at the Christmas season but throughout the whole year?

The candle of love when lighted within you in honor of the Christ will shine forth as kindly words, as loving deeds, and abiding peace.

The taper of Christ life when set aglow within will heal and strengthen your body temple and reveal to others the radiance of being that can be

theirs through trust in the Great Healer.

Like a great white light that dissolves all uncertainty and unrest, the candle of understanding will bring joy and counsel to you in times of stress, and will help you to speak the word that eases another's burden and comforts his heart.

Stalwart and strong, the taper of faith kept alight within will uphold and sustain you when difficult experiences come and will awaken in others their innate faith in the goodness of God.

Like a beacon tower that never fails, the taper of Truth will point the way for you to spiritual perfection and heavenly joys, and inspire others to seek "the way, and the truth, and the light."

Mightier than all the forces of darkness, the taper of spiritual power glowing within will keep you safe, secure in your oneness with the Father, and will open the way for His Son to redeem and hallow and bless all who come to Him through you.

Let us light the candles of love, life, understanding, faith, Truth, and power within our inmost self this Christmastide so that all the world may know and worship the Christ. Let us keep the tapers forever glowing in our heart and mind and soul and life so that His law of righteousness, peace, health, and plenty may be established in all the earth.

Let There Be Praise

ROLAND G. R. REXROTH



Hark! The night wind breathes of rapture
Far beyond our mortal ken.
Listening ears but faintly capture
Hymns of "peace, good will toward men."

Hark! Again the sound of voices
Rises glad and strong and clear.
Now the earth with heaven rejoices,
For the holy Christ is here.


Heralded in song and story,
He is come in us to dwell,
Christ in us, the hope of glory:
Let our joyous praise upswell!

Ring, ye bells in lofty steeples!
Let your glad song never cease!
Come, ye nations! Come, ye peoples!
Worship Him, the Prince of Peace!

DECEMBER 1

Sunday

IN THE STILLNESS AND QUIETNESS OF SPIRIT
WITHIN, I FIND INSPIRATION AND RENEWAL.

 Do you find some time every day in which to become quiet and to commune with your indwelling Spirit? Have you discovered that you can turn from the noise and confusion of the world about you and find stillness and quietness within? In the presence of God you are in the presence of stillness, and you are receptive to power, peace, joy.

By directing your entire attention to the Spirit of God within yourself you enter into that place of stillness which gives complete satisfaction. You are no longer conscious of outer confusion and noise, for you are in His presence of peace.

The Spirit of God within you is your indwelling Spirit; consequently its presence is your own. There is no mystery or difficulty about entering the silence when you release your thoughts to God and become willing that His will be done. In this place of quietness and stillness you are aware only of God and His infinite goodness, and you enter into a realization of your oneness with Him.

✿ *Keep silence, and hearken.*—DEUT. 27:9.

Monday

DECEMBER 2

GOD IS BLESSING ME TODAY.



TODAY IS yours, God's gift of love. In it you will find every blessing His love can bestow or your heart desire. Today is the only time you can know, the only time in which you can be blessed and give blessings in return. Accept it in the spirit of love in which it comes to you from the Father. You are a fellow worker with Him; He comes to you with this day in order that you may use it with Him for the good of others. Begin it by blessing it. Give it your heart's best love, your soul's sincerest gratitude, thanksgiving, and praise as you open your consciousness to it. Remember that it comes to you laden with the rich treasure of the Father's love, which shall be yours as you bless each gift with your love and pass it on as a blessing to the one who may seem to be in need.

God's choicest blessings are for him who will accept them and use them for the good of his fellows. This is the true Spirit of the Christ. As you live in it and by it today and fulfill its law, its blessings of life and peace will be with you.

✿ *To-day is salvation come.*—LUKE 19:9.

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DECEMBER 3

Tuesday

I AM STRONG IN THE GRACE AND POWER OF
THE LORD.



THE SPIRIT of the Lord is the Spirit of infinite grace. God's grace found its greatest expression through the mind and heart of Jesus Christ, and it is promised that I too can accomplish the things that He accomplished if I but let the same Spirit express itself through me.

As I go forth this day to perform the work that is my appointed task I take with me the remembrance that my obligation to others is love. In my zealous desire to accomplish the greater things through Truth I shall not ignore the demands of common courtesy and consideration. I shall be quick to give a word of encouragement where it is needed, to commend another for his sincere efforts, and to applaud the successes of my fellow men. Praise is a gift that everyone can afford, yet its value cannot be measured by worldly standards.

I let my light shine this day in love and grace, and all good things are made possible to me.

* *That the grace, being multiplied through the many, may cause the thanksgiving to abound unto the glory of God.*—II COR. 4:15.

Wednesday

DECEMBER 4

MY EARS ARE RENEWED AND MY HEARING RESTORED BY THE LIFE OF SPIRIT WITHIN.



THE LIFE of Spirit within, which is constantly flowing through my body, renews and restores my ears to their original perfection. God's will for me is perfect hearing, so that I may hear and distinguish the sound of all good. My mind is responsive to the sounds about me that bring joy and happiness to me.

I need not strain to hear. I hear with ease because my ears are the perfect recording instruments of my body temple. Momently I am conscious of God's renewing life quickening, revitalizing, restoring my hearing. His life is present in every cell of bone, muscle, cartilage, eardrum, gland, tube, and auditory nerve. His all-powerful life is mighty to adjust every condition, to remove every hindrance, to harmonize all discord, and to establish my perfect hearing.

For the life of Spirit within that restores my ears, for the pleasant and joyous sounds about me, I daily rejoice and give thanks.

✿ *Blessed are . . . your ears, for they hear.*—MATT. 13:16.

DECEMBER 5

Thursday

AS A RADIATING CENTER OF DIVINE LOVE
AND HARMONY I AM CONTRIBUTING TO
WORLD PEACE.



Do you know that you can play an important part in establishing peace in the world? You need not be a statesman, a diplomat, a soldier, or a public speaker. Right where you are you can render a great service in the cause of peace.

Peace in its truest sense will not be secured by the victories of war, by arbitration, or by statesmanship. Lasting peace will come when ideas of peace, love, and good will prevail in the minds of men. When you are harmonious and loving in thought, word, and deed, you are consecrating the services of one more individual to the cause of peace. More than this, you are radiating peace and love to those about you, thereby helping them to be harmonious. They in turn will transmit the consciousness of peace to others. As an individual your power to promote peace is limitless. You will be working in unity of purpose with a vast army of consecrated persons throughout the world.

✿ *Blessed are the peacemakers.*—MATT. 5:9.

Friday

DECEMBER 6

GOD GIVES ME ABUNDANCE, AND I REJOICE
IN HIS BOUNTIFUL PROVISION.



AMONG THE infinite resources of God there is abundance that is greater than any human need. This abundance is the free gift of God to every one of His children.

Since I am a child of God, I am heir to all that my Father has. To the extent that I realize my divine heritage I am richly and abundantly blessed with every good thing.

As a need arises in my life for more of God's substance, I know that my Father will reveal to me the way to meet this need, for no need is too great for His infinite abundance.

I become receptive to my Father's love for me, and I thus open the way for receiving from Him the substance that I need. I am careful not to limit it to a particular channel; I remember that God has an infinite number of channels through which He works.

I joyously acknowledge that God is the source of every good thing that comes into my life. Praise Him from whom all blessings flow.

• *God . . . giveth us richly all things.*—I TIM. 6:17.

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Saturday

THE STRENGTH OF GOD SUSTAINS ME AND
BLESSES ME IN ALL THAT I DO.



IN UNION there is strength. Because I am unified with God I am strengthened and sustained by Him. I am uplifted, and I realize that my divine powers are greater than any demand that I make upon them.

Any problem that may appear in my life is but a challenge to me to prove my mastery of it. If I am faced with a problem, I do not permit adverse appearances to make me fearful. I at once go to God in silent prayer, and affirm my oneness with Him. His divine strength flows into and through me, and I am uplifted in heart and mind. I realize that in Him I live and move and have my being. Through Him I am made strong.


I rejoice that because I am receptive to the inflow of His strength I am enabled to go forth this day to meet my God. In all that I do success attends me, because God has planned it so. Through my conscious co-operation with Him I help Him to make His plan of success manifest. Praise Him!

✱ *Thou didst find a quickening of thy strength.—ISA. 57:10.*

Sunday

DECEMBER 8

I ENTER INTO THE SECRET PLACE OF THE MOST HIGH, AND THERE I FIND PEACE AND ASSURANCE.

 "BE STILL, and know that I am God." If you are in the midst of confusion, doubt, and anxiety, turn your attention within now and find the "secret place of the Most High" at the very heart of your being. Attune yourself to God in the silence, that you may feel His peace filling your mind and your heart and your soul.


If anxious thoughts seem to come between you and your Father, say to them firmly and authoritatively, "Be still." At first it may be necessary to speak these words often, for the anxiety may seem very real to you. But be firm and steadfast. "Be still." Soon the doubt will give way before the faithfulness and steadfastness of your heart. Then perfect peace, harmony, restfulness, and assurance will flood your whole being. You will receive guidance from the Father that will lead you into your good, and your affairs will be adjusted in divine order and harmony. In the stillness of your own soul you will find perfect assurance.

❁ *Be still, and know that I am God.*—PSALMS 46:10.

DECEMBER 9

Monday

I AM TRANSFORMED BY THE REALIZATION
THAT THE SAME MIND IS IN ME THAT WAS
IN CHRIST JESUS.

 DURING THE season when we commemorate the birth of the Christ child, we let our mind feed upon the story of His early life, and we perceive that His was a remarkable mind. When He was a lad of twelve years He declared that He must be about His Father's business, and that business required Him to discuss weighty matters. He could do this because He allowed Divine Mind to be expressed through Him; and that is the secret of any great mind.

The renewing of our mind results simply from the fusing of our human mind with the Divine Mind. The two are one, but the human is not always conscious of its source of wisdom. When our mind is renewed it does not necessarily seek the new, but it regains the consciousness of the old, the eternal truths of being. This means that perfection is realized anew, and as a result the body is made whole, environments are harmonized, peace is established, and lack is forever banished.

✿ *We have the mind of Christ.*—I COR. 2:16.

Tuesday

DECEMBER 10

GOD'S KINGDOM IS NOW COME IN MY HEART,
AND HIS WILL IS DONE IN MY MIND, BODY,
AND AFFAIRS.



GOD'S KINGDOM is established in your heart through love, for God is love and love is God. Every loving thought, every kind and understanding word, every action that is motivated by love helps to establish the kingdom of God, of love in your heart. When love is in your heart you go about doing good, even as Jesus the Master did long ago, for all that you do in love is beautiful and good. You are patient, tolerant, and kindly in your dealings with others, and you see good in every person and situation you meet.

As you live in this "kingdom of heaven" consciousness, God's will, good will, is done in all your ways of life; for God is love, the principle of good. God's will for you is health in your body, peace in your mind, prosperity in your affairs, love in your human relationships. It is established even now in your life as God's kingdom is established through love in your heart.

✿ *Thy kingdom come. Thy will be done.*—MATT. 6:10.

DECEMBER 11

Wednesday

CHRIST IS WITH ME. I AM NOT AFRAID.



IF YOUR mind is troubled or if you seem to carry many burdens, become quiet, very, very still. Listen, and from the inner silence of your soul you will hear this reassuring message: "Be not afraid. Lo, I am with you always, and all is well." From where comes this assurance that all is well with you and your world? Direct from the all-loving Father comes this assurance that divine order, perfect peace, and absolute security are your birthright as a child of God. Remember that God is the immovable, unchanging, eternal source of all creation, and you are His image and likeness. You too are neither moved nor changed by some outer inharmonious condition. In you is a power assuring you that you are greater than what appears in your world.

You can overcome, rise above all adverse influences or conditions. Christ the Truth helps you to know that there is nothing for you to fear, nothing that can trouble, burden, or alarm you. You are free.

☛ *Let not your heart be troubled, neither let it be fearful.*
—JOHN 14:27.



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In! the Light!

ELIZABETH BARR HAAS

Over the manger stood a star,
Star all wondrous white,
All about His lowly bed
Were welled a flood of light.
Illumed the stable in its glow,
Shone round Mary's head,
And on the kneeling shepherds' cloaks
Radiant beams were shed.
Of the world! Through time and space
Comes in glory bright
To make man's pathway through the years
Pilgrimage of light.

Shines for us; that light still shines!
No cloud can dim its spark;
Radiance blossoms bright with joy
Beacon in the dark.
The path leads on, the path leads up;
Walk it mile by mile,
And lo! the light His love has lit
Goes brighter all the while.

Never doubt it shines for you!
Though skies seem dark and low,
Keep looking up, keep lifted up:
Somewhere a star will show!
Not your heart be trouble-filled;
The darkest night must clear
And life be glad, and life be sweet;
And lo! the light is here!




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Thursday

DECEMBER 12

THE SPIRIT OF LOVE AND JUSTICE EXALTS
ME, AND LOVE FLOWS OUT FROM MY HEART
TO ALL THE WORLD.

 TODAY MY spirit rises out of the ashes of resentment, frustration, and failure. I am lifted up, exalted by the Spirit of Christ who dwells in me, the Spirit of love and justice. In my heart there upwells a great love for all men everywhere.

No longer am I oppressed by limiting thoughts of fear, injustice, or sadness. I am free in the name of Jesus Christ to express my divine self, my rich heritage of love, peace, joy, power, wisdom, strength, harmony, and understanding.

Today I am become a channel for the outflow of love, God's love, which bathes the whole world with its healing ministry, bringing joy for sorrow. I know that God's love expressed through me veritably transforms the lives of all with whom I come in contact. Therefore I go forth this day to be about my Father's business, a power for good, and a blessing to all mankind.

** I love the Father, and as the Father gave me commandment, even so I do.—JOHN 14:31.*

DECEMBER 13

Friday

THE SPIRIT OF SUCCESS IS WORKING WITH
ME AND I AM IN ALL WAYS PROSPERED.



YOU ARE born to success and victory because you are a son of the Most High. When God made you in His image and after His likeness, He implanted in you the spirit of success. Would a loving, generous Father bring forth His children and then not provide for them richly? He brought you forth in order that you might glorify Him. To do this you must enjoy abundance, and more.


The nature of God is to give. He seeks to bless you abundantly. Your share of the heavenly store will be according to your willingness to receive. If you ask but little, the returns will be small. "Hitherto have ye asked nothing in my name; ask, and ye shall receive, that your joy may be made full." Ask for the things you need and receive them in a spirit of joy. Claim your divine inheritance by seeing yourself as a child of God; and His spirit of success will work with you to prosper you in all that you do.

✿ *Ask, and it shall be given you; seek, and ye shall find.*—LUKE 11:9.

Saturday

DECEMBER 14

I AM CENTERED AND POISED IN CHRIST IN
THE MIDST OF ME.

 THERE ARE some persons who are able to accomplish many things swiftly, competently, without becoming rattled, tense, or anxious. They have learned to remain poised, to complete each task before beginning another, and to give their full attention to the thing at hand.

If your day presents you with many activities or responsibilities, if during the coming holiday season there will be added demands made of you, do not allow yourself to lose your poise or be upset by the rush of things about you. Keep your activities in order by doing each task in its turn, keeping "first things first." No matter where you are or what you are doing, if you feel yourself becoming tense or disturbed, remember that it is not you of yourself but Christ in you who does the work. Refresh yourself often with the word "I am centered and poised in Christ," and you will be able to accomplish with ease and orderliness even more than you expected to.

* *Continue in the faith, grounded and steadfast, and not moved.*—COL. 1:23.

DECEMBER 15

Sunday

IN THY PRESENCE IS FULLNESS OF JOY.



HOW I REJOICE, O God, to know that in Thee I can put all my trust; that Thy power sustains and infolds me! I put aside every self-centered thought in order that I may come to Thee open and receptive, that I may feel Thy love, know Thy truth, and exult in Thy renewing life. Thou art the light on my course, leading me ever in ways of satisfaction and in paths of peace. In Thy light I find strength that invigorates and faith that renews. Because Thou art near I face life joyously and confidently.

When I think of Thee I become conscious of tenderness and infinite grace, Truth is revealed in its beauty, and Thy love is poured forth upon me. Entering into Thy presence, I rejoice in Thy dominion over every adversity. Thou art indeed my refuge in the storm and stress of many activities.

I come to Thee so that I may give up my limited views and gain Thine exalted vision. I imbibe Thy Spirit so that I may return to the duties of life refreshed and invigorated, filled with Thy power, and radiant with heavenly joy.

✿ *I will be glad and exult in thee.*—PSALMS 9:2.

Monday

DECEMBER 16

GUIDED BY THE WISDOM OF GOD, I MAKE DECISIONS WISELY, JUSTLY, AND PROMPTLY.



ALL OF US have decisions to make, and it is important that we develop the ability to make them quickly and rightly. An uncertain state of mind scatters the forces of thought so that it is difficult to accomplish any definite or constructive purpose. When once a decision is made, uncertainty no longer dominates the mind or hinders activity.

A decision that is made quickly need not be made unwisely or carelessly. God has given us wisdom and good judgment that we can summon at all times. God has also placed within us His spirit of love to help us make decisions that are in accord with the well-being of others as well as of ourselves.

Should there be a decision that you do not now seem ready to make, seek God's help in prayer. Especially during this Christmas season, with its busy shopping days and various details that require good judgment, seek the counsel of God within you and you will be directed aright.

✿ *Jehovah giveth wisdom.*—PROV. 2:6.

DECEMBER 17

Tuesday

GOD BLESSES ME WITH TIME TO DO ALL THINGS NEEDFUL IN A PERFECT MANNER.



NO MATTER what may be required of me, God has provided me with time to accomplish it perfectly. I need not give attention to the apparent limitations of time. This moment is sufficient to occupy my attention. I joyously do the best of which I am capable, knowing that God is perfecting my every effort.

I remain patient and poised, giving my concentrated effort to the events that come to me moment by moment. I do not delve into the musty secrets of the past, nor do I attempt to probe into the probabilities of the future. Haste and confusion have no part in my life. I make no comparisons of my efforts with my efforts of a bygone day; I give my whole heart to my present task.

Today I avail myself of every opportunity, and from the least experience I gain something of value to help me progress. I release every feeling of burden in relation to my responsibilities, for God is directing all the issues of my life. Complete trust dominates my thoughts and feelings.

✿ *There is a time . . . for every work.*—ECCLES. 3:17.

Wednesday

DECEMBER 18

MY GIFTS ARE GIVEN IN THE SPIRIT OF LOVE,
JOY, AND GOOD JUDGMENT.



WITH EACH gift that I give this Christmas I give of myself as well as of my substance. I give lovingly rather than for the sake of show or ostentation. I wisely choose gifts that will fill a need in the life of the recipient. I consider the gift rather than its price. I give cheerfully, lovingly, and freely. I use good judgment in the selection and the purchase of each gift, so that there will be nothing to cause me any apprehension concerning it later.

In wrapping my gifts I infold them in thoughts of love, prayer, and good will. In the tying of each bow, the placing of each seal, I am reminded that whatever I bind here and now in my consciousness shall be forever bound in love and perfection. As I send each gift through the mail, or by messenger, or as I present it in person, I send with it a blessing of which the material gift is only a symbol. Truly I give myself with every gift, and I have an enriched consciousness of love.

✿ *Every good gift and every perfect gift is from above.*
—JAMES 1:17.

Thursday

IN THE DIVINE BROTHERHOOD OF CHRIST I
AM ONE WITH ALL MANKIND.



BLESSED IS he who in the busy rush of the day's activities takes time to give a kindly smile and speak a gentle word. Deep within the heart of every person is the Spirit of Christ. With the voice of your own indwelling Christ Spirit speak to the Christ Spirit in another, and it will greet you in return. Even a stranger is one with you and Christ in the Father. He is receptive as you are receptive to the warm glow of brotherly love and helpfulness, to a kindly service, or to the gracious Christ Spirit of understanding, patience, and tolerance. The stranger who today seems of little importance may tomorrow prove to be a trustworthy friend.

As you express the spirit of fellowship and loving-kindness in your words and by your manner, allowing it to flow forth from you to unfold and bless others, you are truly serving the Christ, following in the footsteps of Him who gave freely of His divine love, His healing, uplifting power, and radiant life even unto the least.

✿ *I was a stranger, and ye took me in.*—MATT. 25:35.

Class Thoughts _____

TO BE USED FROM

December 20 to January 19

These affirmations, known as the Unity class thoughts, are composed by Charles Fillmore for the purpose of providing central ideas upon which Truth students everywhere may concentrate during the month. You are invited to use them with us not only at the hours specified but whenever you have opportunity.



At 11 a. m. use this thought for

ILLUMINATION. . . . *My understanding of Spirit as the source of my being shines with renewed brilliancy, and I know the Truth.*

At 12 noon use this thought for

PROSPERITY . . . *"Behold, I make all things new." Old things are passed away. I see plenty everywhere. "He that bath a bountiful eye shall be blessed."*

At 9 p. m. use this thought for

HEALING . . . *There is born in me this day new life in Spirit, and all my ills disappear. I am a new creature in Christ Jesus.*



The lessons on the following three pages are based upon these class thoughts.

DECEMBER 20

Friday

MY UNDERSTANDING OF SPIRIT AS THE
SOURCE OF MY BEING SHINES WITH RENEWED
BRILLIANCY, AND I KNOW THE TRUTH.



NO GREATER gift has been bestowed upon us than the gift of an understanding of Spirit as the source of our being. As we become aware of our oneness with Spirit and understand that Spirit is the source of our joy, our peace, our life, our wisdom, we find wondrous freedom. No longer do we feel bound by material conditions, nor do we feel lacking in any quality necessary to our progress. For wisdom and guidance we need nevermore be dependent upon external sources or persons. All that we need to know will be revealed to us as we place our trust in Spirit, the inner source of our knowledge.

Daily we should realize that Spirit is the source of our being. The more attention we give to this wondrous truth the clearer it will shine in our consciousness until it is as a shining light, making our way clear and enabling us to know the Truth.

* *He himself giveth to all life, and breath, and all things . . . for in him we live, and move, and have our being.—ACTS 17:25, 28.*

Saturday

DECEMBER 21

"BEHOLD, I MAKE ALL THINGS NEW." OLD THINGS ARE PASSED AWAY. I SEE PLENTY EVERYWHERE.



THIS SEASON of the year is a blessed time for us to enter into a new consciousness, the consciousness of Christ. Whereas before we may have given undue attention to appearances of lack, we have now the opportunity of looking away from the old and of joyously partaking of the new. Let us banish from consciousness all old thoughts and limitations and let the joy of Christmas fill us with a consciousness of plenty. Let us never see lack for others but behold for each person the blessings of bountiful love, buoyant peace, transcendent faith.

We give something of great value to the world when we radiate good will, peace, and love to everyone. As with a bountiful eye we see God's good everywhere, the words that we speak, the gifts we present this Christmas time will be enriched and will carry with them the blessing of abundance.

♣ *He that hath a bountiful eye shall be blessed.*—PROV. 22:9.

DECEMBER 22

Sunday

THERE IS BORN IN ME THIS DAY NEW LIFE
IN SPIRIT, AND ALL MY ILLS DISAPPEAR. I AM
A NEW CREATURE IN CHRIST JESUS.



IN THE manger of my heart there is now
born a realization of my new life in Spirit.
Dawning on my consciousness is the con-
viction that I am a new creature in Christ Jesus,
blessed with dominion and mastery over my body
and its functions. In humble worship I give this
new life supreme place in me, for I know that it
will establish in my body its perfect kingdom, rul-
ing out every weakness or imperfection and estab-
lishing strength and wholeness in me.


The new life of Spirit fills me with Christlike
joy, and I gladly radiate my joy to others. I re-
ceive my gift from God in divine appreciation
and feel myself lifted above all the limitations of
the past. I am born anew, for the Christ Spirit, my
personal Christmas gift, is transforming me in
newness, freshness, and perfection. My body is
filled with divine energy and gloriously expresses
the newness of the Christ life.

✿ *A new heart also will I give you, and a new spirit
will I put within you.—EZEK. 36:26.*

Monday

DECEMBER 23

I GIVE MYSELF TO CHRIST AND HIS SERVICE
IN ORDER THAT THROUGH ME HE MAY GIVE
TO ALL MANKIND.

 THE MOST precious gift that we can give this Christmas season is the gift of ourselves. The infant Jesus came in the quietness of the night, without pomp or grandeur, giving only Himself. His coming however was followed by heavenly rejoicing and by a glorious light that quickened all who saw it. When we open our heart and mind to God, the Christ is born in us. In the stillness and tranquillity of our soul He comes, our most precious gift. His coming is attended by a deep inner rejoicing, and a great light floods our being, showing us the way to live and use this wonderful gift.

When the Christ is born in us and makes His abode with us, we realize that through Him we have power to shed the light of Truth and love on our world and on all whom we contact. We know that our giving is not from ourselves but from the Christ within us.

✿ *Now they know that all things whatsoever thou hast given me are from thee.*—JOHN 17:7.

DECEMBER 24

Tuesday

I SEEK THE CHRIST WITHIN IN ORDER THAT
I MAY COMMUNE WITH HIM.



AS THE wise men crossed mountain and plain in search of the newborn Christ child, their only guide was a star. The wise of every age seek the Christ, their guide being whatever they are able to accept in consciousness as the means of leading them to the light. This search has occasioned the rise of many creeds, crusades, pilgrimages, even wars. Through our study of Truth we have learned to turn quietly within and commune with the Christ in the midst of our being. Here we may lay before Him our gifts of adoration, sing our songs of praise, worship Him in spirit and in truth.


In order to worship the Christ more acceptably throughout the year it is well to reconsecrate and rededicate ourselves at Christmas. The celebration of the birth of the Babe of Bethlehem lends a sacred atmosphere to the season that makes all the world feel a kindredness of Spirit, a greater desire to commune with Him and to grow in spiritual consciousness as He grew.

✿ *We . . . are come to worship him.*—MATT. 2:2.

Wednesday

DECEMBER 25

THIS DAY THE CHRIST CHILD IS BORN TO MY
CONSCIOUSNESS.

 MAKE THIS day a holy one. Let the Christ in you come forth. Those who long expected the Messiah did not find Him, because they looked outside themselves. The "Christ in you" gospel contains the greatest teaching that the world has ever known. Practical Christianity and metaphysical healing are based upon it.

Jesus overcame the things of the world through His realization of the power of Christ. He relied upon nothing but the Christ within. He had so brought forth the Christ nature that He could rely upon it at any time.

Today you should witness an actual bringing forth of your Christ child in your consciousness. You should prepare your consciousness for the event. You should not let any destructive thought come to consciousness.

Today we find the Christ in ourselves. We bring forth His presence and power in our consciousness and in our life.

Christ be formed in you.—GAL. 4:19.

Christ is all, and in all.—COL. 3:11.

DECEMBER 26

Thursday

AS I KEEP WATCH OVER MY THOUGHTS THE
MESSENGERS OF HEAVEN ATTEND ME.



WHILE THE shepherds kept watch over their flocks, the angels of heaven gave them the glad message of the advent of the Christ child. When Jesus through the right use of His thoughts overcame temptation, angels ministered unto Him. As I keep my thoughts unified with God's thoughts His angels or heavenly messengers attend me.


Whenever error appears in my life I know where to look for its cause: in the thoughts I have been holding. I know how to dispel it, for as it came into my world through the power of thought so shall it be removed through the power of thought. A change in the manner of my thinking is all that is necessary for the changing of my affairs. The renewing of my mind brings about the transformation of my body. As my thoughts are cleansed, purified, and kept in divine order the cause of disorder is removed and perfect adjustment is the result.

* *Thou understandest my thought afar off.*—PSALMS
139:2.

Friday

DECEMBER 27

THE PROTECTING PRESENCE OF CHRIST DELIVERS ME FROM ALL ADVERSITY, AND I AM SECURE.


 WE CAN go through all appearance of danger and come out unscathed by increasing our faith in Christ as our guide and protector. Men go through battle unharmed by knowing that Christ is with them, infolding and protecting them. Their faith in Him is a mighty shield, and they are led into ways of righteousness and peace.

Our security in life depends upon our clear realization that we are secure in Christ. His presence of light, love, peace, and strength is ever with us. We realize that He is our Saviour when we enter the high consciousness in which we feel His protection. The guiding and protecting presence of Christ is never apart from us. He is near at hand, bearing us up and giving us strength and courage. His wings of love infold us; His presence infolds us. We cannot know fear, for His presence calms, sustains, and gives us assurance. Let us look today to Christ in complete trustfulness.

✱ *Jehovah hath been my high tower.*—PSALMS 94:22.

Saturday

THROUGH THE REJUVENATING, REGENERATING SPIRIT WITHIN ME MY MIND AND BODY ARE DAILY TRANSFORMED.


THERE IS a rejuvenating, regenerating Spirit within man that keeps him forever young and active. There is no room for thoughts of age and decline in a mind filled with new thoughts and a life filled with new conditions.

Each day is the starting point of a new individual when the rejuvenating Spirit within is allowed to renew the body daily by the transforming of the mind.

Regeneration of the body takes place when the mind is controlled by the Spirit and the actions are patterned after the Christ standard of temperance and purity in all things. Regeneration is a conversion process that brings all thoughts and actions under the direction of Spirit. The conservation of thoughts, emotions, and life forces reproduces the body daily after the image and likeness of the Christ, and eternal youth results.

✿ *According to his mercy he saved us, through the washing of regeneration and renewing of the Holy Spirit.*
—TITUS 3:5.

MY THOUGHTS AND WORDS ARE FILLED WITH DIVINE POWER.

 EVERY thought that we think and every word that we speak is an expression of the divine creative power that sustains the universe, God or Divine Mind. God our Father has given to us the power to shape or direct our world by our thoughts and words.

When we speak and think on the level of the limited personal consciousness that beholds both good and "evil" instead of good only, we create for ourselves conditions that we call trouble, suffering, inharmony, and the like. But when we permit the Spirit of God to suffuse our mind and center our attention upon His eternal good, we can quickly bring into manifestation for ourselves whatever good we may desire by thinking positive thoughts and speaking positive words.

When we realize that our lightest word and our most casual thought is an expression of divine power, we are led to exercise care and prudence in our thinking and speaking.

✿ *No word from God shall be void of power.*—LUKE 1:37.

DECEMBER 30

Monday

I LOOK TO THE FUTURE WITH CONFIDENCE,
FOR I WALK WITH GOD.



ALL MY days are good days: God made them and gave them to me. This is the best day I have ever known, because I know a little more about God than I knew yesterday. I know this is true, for I prayed yesterday and asked Him for wisdom.

I always learn of God when I pray. The wisdom may not appear in my conscious mind at once, yet it is mine. It will flower sweetly in my life as love, kindness, and tolerance. It will manifest itself powerfully in my life as strength to meet all situations competently, as ability to live my life and do my work in a manner that is a credit to my Father.

Tomorrow will be a better day than today, for in these hours I am laying up an increasing treasure of knowledge of God. I live well now. I practice the gracious Christ way of living; therefore my future is always fair.

*Thou wilt show me the path of life:
In thy presence is fulness of joy.*

—PSALMS 16:11.

Tuesday

DECEMBER 31

THIS DAY I EMPTY EVERY LIMITED IDEA FROM MY CONSCIOUSNESS AND MAKE MYSELF RECEPTIVE TO THE RICHEST BLESSINGS OF GOD.



THE LAST day of the old year is a splendid time to clear from the consciousness old limited beliefs and make room for new ideas. Today empty out every belief in disease or age. Clear from consciousness every thought that you are physically bound or limited in any way. Make room for healthy ideas.

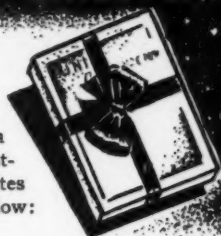
Today empty from consciousness every belief that any person can limit or harm you. Free yourself from every belief that personality in any way can cause you to fall short of divine perfection.

Today forgive and forget every little personal resentment that you may have been harboring in consciousness. When you forgive another, you really heal your own mind of an injury. You free your consciousness of a belief that has been a veritable thorn in your own flesh.

Approach the morrow purified and baptized by the ever-renewing grace of God.

✿ *Forgetting the things which are behind . . . I press on toward the goal.*—PHIL. 3:13, 14.

DIRECTORY



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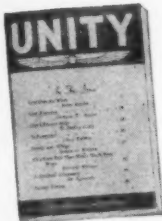
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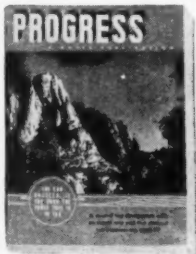
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In This Issue

Not to Jerusalem (Poem)

You Have Received

Christmas Savings

Christmas Candlelighting

Let There Be Praise (Poem)

Lo! the Light! (Poem)

Daily Lessons for December

- | | | |
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| 1. Stillness | 11. Fearlessness | 21. Prosperity |
| 2. Today | 12. Justice | 22. Healing |
| 3. Grace | 13. Success | 23. Christ Service |
| 4. Hearing | 14. Poise | 24. Communion |
| 5. Peace | 15. Joy | 25. Christ Child |
| 6. Provision | 16. Judgment | 26. Watchfulness |
| 7. Strength | 17. Time | 27. Security |
| 8. Assurance | 18. Giving | 28. Regeneration |
| 9. Mind | 19. Brotherhood | 29. Words |
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